



MIDDLETOWN

Senior News



150 William Street • (860) 638-4540 • (860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

DENTAL CLEANING CLINIC

Tues., Aug. 5th 9:30am-3:45pm

Dental Cleaning/Screening services to be provided by: Community Health Center at the Senior Center. By appointment only. In person pre-registration required.

Cost not to exceed \$30.00. If you have insurance that covers dental services, that will be billed directly. If you do not have dental insurance, you will

receive a bill for \$30.00 in the mail. No payment due at the time of service.



EDUCATIONAL SEMINAR ON MEDICARE

Weds., Aug. 5th 2:30pm

Please join us for an educational seminar on Medicare. This seminar will include topics such as Part A, Part B, Part D as well as supplemental insurance. This seminar will be given by Laura Crews, Director of Benefits, Senior Resources Agency on Aging. She is also a certified CHOICES Counselor/ Medicare Specialist. Please feel free to ask any questions you may have. Please call 860-638-4540 to register for this wonderful, educational seminar.



Monthly Entertainment by Phil Rosenthal

Weds., Aug. 6th 11am

Please join us for monthly entertainment by Phil Rosenthal. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

Eczema & Psoriasis

Weds., Aug 13th 2:30pm

Please join us as Janet Leonardi, Coordinator for Risk Reduction Services for the City of Middletown, discusses eczema & psoriasis.

SENIOR HAIRCUTS \$3.00

Fri., Aug. 29th 10am-12pm

Please call the Senior Center at 860-638-4540 to schedule your appointment for a \$3.00 haircut. The stylists are from the International Institute of Cosmetology. This is sponsored by Water's Edge Center for

Health & Rehabilitation and Euro-American Connections & Homecare. Please call 860-638-4540 to schedule your appointment.



GET INVOLVED !

Aug. 4, 6, 13, 14, 18, 20, 21, 25, 27, 28. Exercise. Mon, Weds. & Thurs.
Aug. 4, 18. Massage Therapy 9am-2:30pm
Aug. 4, 11, 18, 25. Tai Chi at 10:30am
Aug. 4, 6, 11, 13, 18, 20, 25, 27. Ceramics 12:30pm
Aug. 4, 11, 18, 25. Line Dancing. 1:15—2:30
Aug. 4, 11, 18, 25. Dancing for Joy. 1:30pm
Aug. 5. Community Health Center Dental Clinic 9:30am—3:45pm
Aug. 5, 12, 19, 26. Blood Pressure Clinic 12:45pm—1:45pm
Aug. 5. Medicare Seminar 2:30pm
Aug. 6, 13, 20, 27. Yoga. 10:00am & 11:30am
Aug. 6. Entertainment by Phil Rosenthal 11am
Aug. 7, 14, 21, 28. Knitting 1:00 pm.
Aug. 7, 14, 21, 28. Oil Painting Class. 1:15pm
Aug. 8. Chair Yoga Demonstration 2:30pm
Aug. 11. Bus Sign-ups for September
Aug. 12. Republican Primary 6am—8pm
Aug. 12. Silk Flower Craft 2pm sponsored by Wadsworth Glen
Aug. 13, 27. Foot Care Appointments 9am-3:00pm
Aug. 13. Educational Seminar on Eczema & Psoriasis 2:30pm
Aug. 14. Reiki 9-12
Aug. 15. Tomato Growing Contest Weigh-ins Begin
Aug. 18. Amazing Grace Food Pantry. 1:00-3:00
Aug. 20. Beltone Rep., Hearing Aid. 12:00pm
Aug. 29. Senior Haircuts \$3.00 10am-12pm co-sponsored by Water's Edge &
Euro-American Connections
Aug. 29. Shish Kabob Dinner \$3.00 per person 2:30pm-3:30pm

*Life can only be understood backwards; but it must
be lived forwards.....*

Søren Kierkegaard

Community Café Free Lunch Winner

Congratulations to Ann Rizza, July's winner.

Enter for a chance to win a free lunch,
compliments of CW Resources.

June's Brain Teaser Winners

Karen Bevan, Kay Bilodeau, Jane Burr, Ginny
Currie, Susi Delldonna, Loretta Dzialo, *Nancy
Glenn, Joan Fazzino, Annabelle Malone, Mark
Radziwon, Sandra Steele, Carol Van Lieu,
Rosemarie Vecchitto

**Denotes Prize Winner*

Congratulations to all of our winners. Please stop
by the Senior Center to pick up July's Brain
Teaser.

THE MIDDLETOWN SENIOR NEWS

Acting Director: *Debbie Stanley* 860-638-4501

Senior Services Coordinator

Heidi Geores 860-638-4541

Senior Service Specialist/ADA Compliance Officer

Laura Runte 860 638-4542

Office Fax: 860 343-5427

Municipal Agent: *Laura Runte* 860 638-4542

Prog.Aide/Cust: *John Marion*

Sr. Bus Driver: *Mike Rogalsky*

Café Manager: *CW Resources—860-558-5285*

e-mail address: Debbie.stanley@middletownct.gov

Dept. web site: www.cityofmiddletown.com/seniors

OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES

Bingo, Wednesday and Friday at 1:00 pm. (25 cents per card)
Blood Pressure Clinic, Every Tues. 12:45, sponsored by our Public Health Nurse
Bowling, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
Card Games, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
Ceramics, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
Civitan Bingo, last Tuesday of month (Sept.– June), 6:30 pm. (free)
Coffee and Tea, are available free all day for seniors while in the center
Computer Center Classes, Computer classes for Seniors 60 and older
Dancing for Joy, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
Drawing Class, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
Driver Safety Classes, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
Educational Seminars, See calendar and flyers (free)
Exercise, Mon., Wed., 9:00 am, Thur., 10 am. (free)
Foot Care Clinic, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
Grandparents Resource Group, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
Hearing Screening, Third Wednesday of the month, 12:00—1:00 pm. (free)
Knitting, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
Lending Library, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
Line Dancing, Mondays, 1:15 pm. (free)
Lunch, Hot lunches catered daily by CW Resources, please call 860-558-5285—suggested donation (\$2.50)
Lunch Entertainment, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
Massage, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
Middletuners, Traveling senior chorus. Barbara Arafteh, Director, 860 347-4887
Movies, recently released DVD's, Tuesdays at 12:30 pm (free)
Newsletter, Monthly Senior Center newsletter containing information and activities (free)
Oil Painting, Thursdays, 1:15 pm. (free)
Ping Pong, Available most days, call for reservation
Senior Center Bus, excursions on Tuesdays and Thursdays (from \$3.00)
Senior Counseling, Municipal Agent, various hours, call 860 638-4542
Senior Resources Manual, 8 page handbook of resources and services (free)
Tai Chi, Mondays at 10:30 am. (\$40.00—ten week cycle)
Yoga, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

CHAIR YOGA

Fri., Aug. 8th 2:30pm

Increase your flexibility, range of movement and improve your balance safely and effectively with Chair Yoga. Certified yoga instructor Rebecca Santillo will guide you through a complete series of seated and standing yoga postures which were specifically designed for seniors and those with physical limitations.

Please call the Senior Center at 860-638-4540 to register for this event.

Shish Kabobs Dinner

Fri., Aug. 29th 2:30pm

Join us for a delicious Shish Kabob dinner. The cost is \$3.00 per person.

Please register for this special dinner at the Senior Center.



August

(860) 344-0353 www.athenahealthcare.com/middlesex

WEDNESDAY		THURSDAY		FRIDAY	
					1
				12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
6	Phil Rosenthal Available at Senior Center	7	9:00-11:00 Mahjong 10:00 Bus reserved by St. Luke's 10:00 No Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting	8	12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Chair Yoga Demonstration
13	Appointment Available at Senior Center on Eczema & Psoriasis	14	9:00-11:00 Mahjong 10:15 Bus Trip: Thimble Island Cruise/Chowder Pot 10:00 Exercise 10:00-1:00 Reiki Therapy by Appointment 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 6:00 Recreation/Community Service Committee Mtg Recreation Office 100 Riverview Center	15	9:00-3:30 Tomato Weigh-Ins Begin 12:00 Lunch: Menu available at Senior Center 1:00 Bingo
20	Available at Senior Center	21	9:00-11:00 Mahjong 10:30 Bus Trip: Christmas Tree Shop/Olive Garden 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting	22	12:00 Lunch: Menu available at Senior Center 1:00 Bingo
27	Appointment Available at Senior Center	28	9:00-11:00 Mahjong 10:00 Bus reserved by Shiloh Manor 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting	29	10:00-12:00 Senior Haircuts \$3.00 12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30 Shish Kabob Dinner \$3.00


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SUMMER SOUNDS AT HARBORPARK

Tuesdays Evenings 7pm

August 5 Vintage Vox

August 12 Trevor Davis Quintet

August 19 Sambaleza

August 26 Elite Syncopation

Transportation from Sbona Towers and South Green Apartments will be provided by the Senior Center. The pickup time at each location will be approximately 6:30pm at the front entrance.

AARP's Driver Safety Program

2014 Schedule - Sept 18th & Nov 20th

All classes held on Thursday at 12:30pm-4:30pm

Payment required at time of registration

\$15.00 for AARP Members

\$20.00 for Non-Members

Payable by Check or Money Order only. Call the Senior Center at 860-638-4540 for more information.

SILK FLOWER CRAFT

Tues., August 12th 2:00pm

Please join us for a Silk Flower Craft. This is sponsored by Wadsworth Glen Healthcare and Rehabilitation Center. Please call the Senior Center at 860-638-4540 to register for this free craft. Space is limited.

Middletown Renters Rebate Program

Income guidelines apply to Middletown renters, 65 years of age and older, seeking rebates or persons under 65 receiving social security disability.

Income requirements:

Married (maximum) \$41,600

Single (maximum) \$34,100

Contact the Middletown Tax Assessor's Office at City Hall at 860-638-4930.

Farmer's Market Coupons

You must be present to receive your booklet. You must be 60 or older and you must be a Middletown Resident.

If you reside in senior housing, you must go to the housing office to receive your booklet.

All Participants Must Provide:

Proof of Middletown Residency

Proof of Age

Proof of Income

Income Eligibility Limits

Single

Married

Monthly: \$1799

Monthly: \$2425

Please call the Senior Center at 860-638-4540 for any questions.

TOMATO GROWING CONTEST

Contest is for Middletown residents ages 60+. Registration and Weigh-in from August 15 through September 4th. Winner will be announced on Friday, Sept. 5th.

Cash Prizes Provided by Hancock Pharmacy (Meriden)

Co-Sponsored by Comfort Keepers "Providing Quality In-Home Care for Seniors"

\$100 (1st place) \$75(2nd place) \$50(3rd)

RULES:

1. Grower must be a Middletown Resident aged 60+
2. Tomato can be grown from seed or plant
3. Entry limited to 1 tomato per contestant/per family
4. Tomato must be whole and fresh
5. Tomato must be weighed in between Aug. 15th and Sept. 14th
6. Tomato can be any color and variety

Stop by the Senior Center to register for this contest.



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ECKERSLEY HALL BUILDING COMMITTEE

Work continues at a rapid pace at the new Senior/Community Center.

Recently, the Senior Center staff had a tour of the renovations at the facility, where they were able to see firsthand some of the finishes in the building. In addition, furniture and equipment purchases orders are being made to ensure that the space is outfitted prior to the opening of the new space. The Information Technology department will be compiling final purchase orders for the purchase of electronics in the next month, making the center current with today's technology.

The Mayor's office has been meeting with staff of various departments to plan the move into the new facility, which is anticipated to be complete within the month of November. By the Holiday Season, it is hoped to have the new center in full operation!

The next meeting of the Building Committee is scheduled for August 11th @ 6:00. Middletown Recreation and Community Services Dept. in Riverview Plaza. If anyone has questions or comments please contact Joseph Samolis, Chair at 860.638.4801 or Phil Pessina, Vice Chair at 860.346.0348.